

PURSUIT

MUAY THAI - STRENGTH - CONDITIONING

PURSUIT - HOME OF BFT

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**BAILEY
FIGHT TEAM**

CLASSES FROM 4TH DECEMBER

FIGHT TEAM

(INVITE ONLY)

FIGHT TEAM IS A CLOSED SESSION FOR THOSE PREPARING FOR MUAY THAI COMPETITION ONLY.

FIGHT TEAM MEMBERS ARE REQUIRED TO BE AT ALL SESSIONS 30 MINUTES PRIOR TO START TIME, TO ENSURE THEIR WARM UPS HAVE BEEN COMPLETED AND WRAPS ARE ON READY TO GO.

TO BECOME PART OF OUR FIGHT TEAMS YOU WILL NEED TO SUCCESSFULLY GRADE AND PASS YOUR FIRST THREE KHANS (WHITE, YELLOW & ORANGE) BE INVITED DOWN TO OUR FIGHT TEAM TRYOUTS AND FOLLOW THE FIGHT TEAM RULES.

SPEAK WITH YOUR HEAD COACH ABOUT HOW TO GET INVOLVED!

INTERMEDIATES

(KHAN 3 & ABOVE)

ONCE YOU HAVE MASTERED THE BASIC MUAY THAI TECHNIQUES FROM OUR FOUNDATIONS CLASSES, YOU WILL BE READY TO TAKE YOUR TRAINING TO THE NEXT LEVEL AND LEARN OUR NEXT KHAN LEVELS ALONGSIDE OUR FIGHT TEAMS.

THIS CLASS IS ONLY FOR MEMBERS OF THE FIGHT TEAM AND MEMBERS WHO HAVE SUCCESSFULLY PASSED THE FIRST THREE LEVELS OF OUR GRADING CURRICULUM.

BALDIVIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Levels 9:30am - 10:30am	All Levels 9:30am - 10:30am	All Levels 9:30am - 10:30am	All Levels 9:30am - 10:30am	All Levels 9:30am - 10:30am	All Levels 8:30am - 9:30am
					Intermediates 9:30am - 11am
Mini Muay Thai 4:00pm - 4:45pm	Mini Muay Thai 4:00pm - 4:45pm	Mini Muay Thai 4:00pm - 4:45pm	Mini Muay Thai 4:00pm - 4:45pm		
Junior Muay Thai 4:45pm - 5:30pm	Junior Muay Thai 4:45pm - 5:30pm	Junior Muay Thai 4:45pm - 5:30pm	Junior Muay Thai 4:45pm - 5:30pm		
Foundations for beginners 5:30pm - 6:30pm	Fight Team 5:30pm - 6:30pm	Foundations for Beginners 5:30pm - 6:30pm	Fight Team 5:30pm - 6:30pm	Fight Team & Intermediates 5:00pm - 6:00pm	
All Levels 6:30pm - 8pm	Foundations 6:30pm - 8pm	Fight Team & Intermediates 6:30pm - 8pm	Foundations & Intermediates 6:30pm - 8pm		

FOUNDATIONS

LEARN THE FOUNDATIONAL TECHNIQUES AND SKILLS OF MUAY THAI FROM OUR GRADING CURRICULUM WRITTEN BY FORMER WORLD CHAMPION AND OWNER ADAM BAILEY. THE TECHNIQUES AND SKILLS YOU WILL LEARN IN THESE CLASSES ARE ALSO THE TECHNIQUES YOU WILL BE TESTED ON WHEN PROGRESSING THROUGH OUR GRADING SYSTEM. THIS CLASS IS OPEN TO ALL MEMBERS WHETHER NEW TO MUAY THAI OR WANTING TO FURTHER DEVELOP ON THE FOUNDATIONAL SKILLS.

FOUNDATIONS FOR BEGINNERS

IF YOU ARE NEW TO MUAY THAI, NOT A PROBLEM! OUR FOUNDATIONS FOR BEGINNERS CLASS WILL TEACH YOU THE BASIC SKILLS AND TECHNIQUES FOR YOU TO BUILD ON IN OUR ALL LEVELS AND FOUNDATIONS CLASSES. IF YOU'RE IN YOUR FIRST THREE MONTHS YOU SHOULD ATTEND THIS CLASS AT LEAST ONCE PER FORTNIGHT ALONGSIDE OUR FOUNDATIONS AND ALL LEVELS CLASSES.

JUNIOR MUAY THAI

AGES 10+

OUR CLASS FOR THE BIGGER KIDS AGED 10 AND OVER. OUR JUNIORS BUILD THEIR SKILLS AND GAIN CONFIDENCE WHILST PRACTICING MUAY THAI. JUNIORS BUILD STRENGTH AND DEVELOP ON THEIR FOUNDATIONAL SKILLS FOR WHEN THEY ARE READY TO STEP UP TO THE NEXT LEVEL.

MINI MUAY THAI

AGES 4 TO 9

THE PERFECT CLASS FOR CHILDREN WHO ARE KEEN TO LEARN BUT TOO YOUNG TO JOIN THE BIG LEAGUES! OUR MINI CLASSES TEACH CONFIDENCE, SELF DISCIPLINE AND THE BASICS OF MUAY THAI IN A FUN AND ENGAGING ENVIRONMENT, STARTING THEM ON THEIR JOURNEY FOR THE LOVE OF MUAY THAI!

ALL LEVELS

THIS CLASS SUITS ALL FITNESS AND SKILL LEVELS! MUAY THAI NOT ONLY BUILDS PHYSICAL FITNESS, IT TOUGHENS YOUR MIND AS WELL. INSTILLING CONFIDENCE, DISCIPLINE AND CULTIVATING QUALITIES SUCH AS COURAGE, HUMILITY AND THE WARRIOR SPIRIT. THIS CLASS IS OPEN TO ALL MEMBERS